

# The AUDIT: Self-Report Version

Write your score for questions 1 to 10 in the far right column. Then add up your scores for questions 1 to 10. See the bottom of the page for an interpretation of your score.

Place an X in one box that best describes your answer to each question.

Questions	0	1	2	3	4
1. How often do you have a drink containing alcohol?	Never (Skip to Qs 9 & 10)	Monthly or less	2 to 4 times a month	2 to 3 times a week	4 or more times a week
<b>Each one of these drinks is equivalent to one standard drink</b>	1 middy/pot standard beer 285 mls	2 middies/pots light beer 375 mls	1 glass of wine 100 mls	1 glass of sherry or port 60 mls	1 nip of spirits 30 mls
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more
3. How often do you have 6 or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking and suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year
<b>Do not score questions 11 &amp; 12</b>					<b>TOTAL</b>
11. Do you think you presently have a problem with drinking?	No	Probably not	Unsure	Possibly	Definitely
12. In the next three months, how difficult would you find it to cut down or stop drinking?	Very easy	Fairly easy	Neither difficult nor easy	Fairly difficult	Very difficult

A score of 8 or more indicates drinking in excess of low risk guidelines. Your ADF health provider can give you some information and support to help you cut down to a less risky amount. Navy members can also see their ADPA or contact their local ADPC for further assistance.

## Where to seek help

In an emergency, call 000.

Your chain of command is a primary resource that can provide advice, referral and support.

Other than in an emergency situation, contact your local ADF Medical Centre or Psychology Section. Navy personnel can seek help through their divisional system, local Alcohol and Drug Program Advisor (ADPA) or can directly contact their local Alcohol and Drug Program Coordinators.

## Mental Health Resources

**Local Medical Centres** Your local medical officer can provide immediate assistance and referrals as required.

**Psychology Support Section** All Psychology Support Sections offer after-hours, critical incident support through the local Duty Officer/Officer of the Day.

### Defence Community Organisation

<http://intranet.defence.gov.au/dco/> or [www.defence.gov.au/dco/](http://www.defence.gov.au/dco/)

The DCO provides services 24 hours a day, 7 days a week all year round including public holidays. During normal business hours the first point of call is the Duty Social Worker or Military Support Officer. Outside these core hours and on Public Holidays, calls should be directed to the National Welfare Coordination Centre (NWCC) on 1800 801 026 or if calling from overseas +61 2 93594842.

**Chaplains** There are Chaplains connected to all units in Australia who can provide support and appropriate referrals.

### The Family Information Network for Defence (FIND) (1800 020 031)

FIND is a phone service that provides easy access to personnel information on matters of everyday interest and concern. It is a confidential service that is available to every Service person and family anywhere in Australia.

**Lifeline (131 114)** If you, or a friend, need to talk to someone about a problem immediately, you can call Lifeline for the cost of a local call.

**Veterans and Veteran's Families Counselling Service (VCS)** This service is available to veterans of all deployments and their families. VETLINE – 24 hour emergency line (1800 011 046).

**ADF Mental Health Strategy All-hours Support Line (ASL)** The ASL is a confidential telephone triage support service for ADF members and their families that is available 24 hours a day, 7 days per week. (1800 628 036) (FREECALL within Australia) and (61 2 9425 3878) (outside Australia)

### Australian Defence Force Mental Health Strategy (ADFMHS)

Defweb Address <http://intranet.defence.gov.au/dsg/sites/dmh/>  
Internet Address [www.defence.gov.au/health/DMH/i-dmh.htm](http://www.defence.gov.au/health/DMH/i-dmh.htm)  
Email [DMH.mentalhealth@defence.gov.au](mailto:DMH.mentalhealth@defence.gov.au)



Australian Government  
Department of Defence

ADF Mental Health Strategy

# ADF OUTPATIENT ALCOHOL TREATMENT PROGRAM (OATP)



be well

work well

live well

FACT SHEET

Z00\_91520-02



The consumption of alcohol is a socially acceptable practice both in the community and in the ADF.

Alcohol consumption is an established part of Australian traditions and customs. Unfortunately, many Australians partake in 'drunken cultures' rather than 'drinking cultures' which can result in harm including death, injuries, disease, crime, violence, fires, drowning, abuse, family breakdown, job lost. With regard to the ADF, alcohol misuse severely impacts on ADF strategic and operational capability.

The ADF Alcohol, Tobacco & Other Drugs Service (ATODS) aims to address and minimise alcohol misuse amongst ADF personnel through workplace education and clinical intervention. In order to meet this aim, the Outpatient Alcohol Treatment program has been developed for ADF members identified as using alcohol in a problematic manner.

## What is the outpatient alcohol treatment program?

The Outpatient Alcohol Treatment Program (OATP) is an evidenced based group program, which aims to minimise alcohol misuse amongst ADF personnel and has been conducted nationally since August 2005. The program is run over four consecutive days and is conducted by alcohol counselling professionals at various bases around Australia.

This Tri-service program is NOT an abstinence based program but rather is designed to help problematic drinkers to:

- identify the factors that influence their alcohol intake
- assist individuals in exploring their motivations for drinking
- encourage a change in their attitudes towards drinking
- understand the various techniques and strategies that can be used to successfully reduce their alcohol intake to less risky levels.

## Am I suitable for the outpatient alcohol treatment program?

Some people think that you have to drink heavily all of the time, or be dependent on alcohol, to have alcohol-related problems.

This is not true. Some problems can come from simply being drunk every now and again – 'binge drinking'. Other problems can come from regularly drinking too much even if you hardly ever 'get drunk'.

If alcohol is affecting your work performance, health, relationships or social life you may be suitable for the Outpatient Alcohol Treatment program.

The most widely used screen for alcohol use in Australia is called the AUDIT (Alcohol Use Disorders Identification Test). The AUDIT is also used consistently by ADF health providers to assist them to make decisions about appropriate treatment options for members using alcohol in excess of low risk levels.

You can complete the AUDIT on your own drinking behaviour to determine the level of risk associated with your current drinking practices. This will indicate whether you should reduce your consumption or seek assistance to develop strategies to reduce your alcohol consumption (see back page of this fact sheet). If your score is 8 or more, you are drinking in excess of low risk levels and you may be suitable for the Outpatient Alcohol Treatment program.

## Where to get more information

If you would like further information about the Outpatient Alcohol Treatment Program you can

- speak to your local medical officer
- contact your local Psychology Section
- contact the ATODS Desk Officer on 02 6266 3946.